



MANAGING YOUR MIND & MOOD THROUGH FOOD

**A REVOLUTIONARY PROGRAM FOR
ACTIVE PROFESSIONALS, PARENTS,
STUDENTS & ANYONE WHO WANTS TO**

- **ENHANCE PERFORMANCE**
- **HANDLE STRESS**
- **AVOID OUT-OF-CONTROL
EATING**

JUDITH J. WURTMAN, P.H.D.

AUTHOR OF "THE CARBOHYDRATE CRAVER'S DIET"

Managing Your Mind And Mood Through Food

LP Steffe



Managing Your Mind And Mood Through Food:

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